

**Pastry and Baked Goods**  
*Occupational*  
**Recipe Sheet**

<b>Menu Item</b>	<b>Popovers</b>
<b>Number of Portions</b>	<b>3</b>
<b>Cooking Method</b>	<b>Bake</b>
<b>Temperature</b>	<b>450 degrees F.</b>
<b>Recipe Source</b>	

**Ingredients:**

<b>Item</b>	<b>Amount</b>
<b>Eggs</b>	<b>1</b>
<b>All purpose flour</b>	<b>½ cup</b>
<b>Milk</b>	<b>½ cup</b>
<b>Salt</b>	<b>¼ teaspoon</b>
<b>Shortening</b>	<b>2 T. for greasing pan</b>
<b>Butter</b>	<b>2 T. for service</b>

**Procedure:**

1. Heat oven to 450 degrees F.
2. Grease muffin tin or custard cup with shortening. Heat in oven 5 minutes.
3. In medium bowl, beat egg slightly with fork or wire whisk. Beat in remaining ingredients until just smooth(do not overbeat or popovers may not puff as high). Fill cups about ½ full.
4. Bake 20 minutes.
5. Reduce oven temperature to 325 degrees F. Bake 10-15 minutes longer or until deep golden brown. Immediately remove from cups. Serve hot.